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A. P. Lyne

◦ HELOUAN ◦



General view of Helouan's Sulphur Baths.

HELOUAN-LES-BAINS
EGYPT

The premier Health Resort of Egypt, Helouan or, as it is sometimes called, Helouan-les-Bains, is situated sixteen miles south of Cairo and three miles from the bank of the Nile. The town lies



General view of «The Continental-Savoy».

under the shadow of the Mokkatam Hills and is 150 feet above water level, being completely surrounded by desert sand. Thanks to the combination of a nearly perfect climate and the wonderful natural springs, Helouan stands practically unrivalled as a winter health resort and is the only place near Europe where efficient balneological treatment can be obtained during the winter months in a summer-like climate.

It is on record that the waters of Helouan have been continuously sought for their healing properties since the time of Amen-hotep (1,600 B. C.) but they were probably known long before that date. The position of Helouan is unique both geographically and climaterically as, firstly, it is the only health resort in Egypt situated above the level of the Nile, at the same time being completely surrounded by the desert, and secondly it possesses a distinctly milder and more equable climate than is found anywhere in winter either in the south of Europe or Algeria.

The present bathing and thermal establishment, which was opened in 1899 and has since been enlarged and improved, is the property of the Egyptian Government although the establishment is leased and



Another view of Helouan's Sulphur Baths.

managed by the Grand Hotels Company of Egypt, proprietors of the Grand Hotel Helouan where special accomodation is made for invalids.

The Thermal establishment is an entirely modern construction built on Oriental lines and of magnificent appearance. It is unusually well lighted, ventilation is perfect and the fact that the whole building is on one floor level with consequent absence of steps will particularly commend itself to sufferers from joint trouble. It is no exaggeration to state that the Helouan Thermal Establishment is more than equal in convenience and appointments to any institution of its kind to be found at the famous Spas of Europe.

The following data will be found of interest and service to the physician :

CLIMATE.

SUNSHINE — 8 hours daily sunshine from November 1st to March 31st. (The average sunshine on the South Coast of England for this period is 3 hours.)



Panoramic view of Helouan.

TEMPERATURE — The average daily temperatures from November to March are as follows :

60° F. (15.5° C.) at 9 a. m. increasing steadily to
72° F. (22° C.) at 3 p. m. and returning slowly to
61° F. (16° C.) at 9 p. m.

The average minimum temperature at night is 50° F. (10° C.).

Taking 9 a. m. to 9 p. m. as the invalid's day, it will be seen that he can live out of doors during these hours without the slightest risk, a particular advantage taking into consideration the purity and bracing properties of the desert air. A further important point that may be noted is that there is no sudden drop of temperature after sunset nor during the night so that invalids can, if desired, sleep with perfect safety with windows wide open.



Fruit market.



Panoramic view of Helouan.

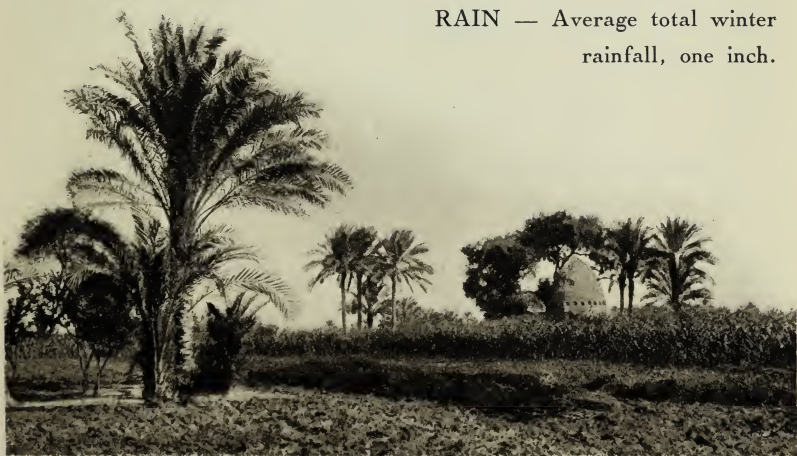
Similar figures to the above for the South Coast of England are as follows: 40° F. at 9 a. m., 47° F. at 3 p. m. and 40° F. at 9 p. m. with a minimum temperature at night of 36° F.

VARIABILITY — The average variation in 24 hours is 21° F. 11° C. hence Helouan is more equable than Assouan 27° F. variation), much more so than Davos and still more so than COLORADO.

HUMIDITY — From its position Helouan is exceptionally dry. The official figures for relative humidity at Helouan, taking the average from November to March, are as follows:

9 a. m. 60% ; 9 p. m. 61% ; Maximum dryness 30%

RAIN — Average total winter rainfall, one inch.



Egyptien scene.



A sheikh's tomb.

WIND and DUST — Helouan is not a windy place, there being much less wind than at Assouan and, owing to the heavy nature of the soil and the rocky hills surrounding the town, the air is practically free from dust.

THE WATERS OF HELOUAN.

The desert springs give an abundance of sulphur, salt and iron waters, both separately and combined, the sulphur waters being stronger than any obtainable in Europe in baths and douches. They burst forth in several springs at a temperature of 85° F. (33° C.) and are for the most part allowed to run to waste day and night, the only medicinal springs tapped being those of the Thermal Establishment.

The following analysis by Professor Attfield, F.R.S., shows the composition of the water used for bath treatments:



	Grammes per Litre	Grains per Gallon
Potassium Chloride	0.2923	20.4610
Sodium Chloride	5.0690	354.8300
Calcium Sulphate	0.0694	4.8580
Calcium Carbonate	0.8250	57.7500
Magnesium Sulphate	0.5069	35.4830
Iron and Alumina	0.0160	1.1200
Silicia	0.0290	2.0300
Sulphuretted Hydrogen	0.0918	6.4260
	<u>6.8994</u>	<u>482.9580</u>



Front view of the Grand Hotel Helouan.

THE BATHS.

The Thermal Establishment is equipped with the most modern apparatus for balneological treatment and is constructed to provide every convenience in the way of cooling rooms, lounges, dressing-room accomodation etc. There are separate sections for ladies and gentlemen, and experienced European masseurs and masseuses are in attendance as well as the resident medical staff.

The sulphur-saline water, of which the analysis is given above, is used unaltered except as regard to temperature, which can be regulated at will. Owing to the powerful action of these waters, it was found impossible to employ any of the ordinary metals for piping and taps and so aluminium has been used.



Open air Sulphur Bath.

The following bath are employed:

Immersion baths, all in porcelain.

Douches, column, rain or needle, for the entire body or for local treatment.

The "Helouan Special Bath" — immersion baths so arranged that while the body of the patient is immersed in sulphur-saline water at the desired temperature, one or more masseurs can conveniently perform whatever massage treatment is prescribed.

Russian Vapour Baths.

Other forms of treatment:

In addition to every facility for balneological treatment the Thermal Establishment is also furnished with the most modern apparatus for electrotherapy and heat treatment.

The apparatus and modus of treatment include the following:
Schnee four cell bath.

Ionisation.

Therapeutic Incandescent Lamp.

The Bergonie Apparatus, chiefly used for the reduction of obesity.
Electrical Heat Baths, general and local.



The special Helouan Bath with massage under water.

SUITABILITY FOR INVALIDS.

The sulphur-saline water and the Helouan climate are especially useful in the treatment of the following disorders :

Rheumatism in all its forms,
 Chronic Gout,
 Rheumatoid Arthritis,
 Stiff Joints,
 Lumbago,
 Sciatica,
 Chronic Skin Diseases,
 Functional Nerve Disorders,
 Albuminuria in all its forms



A bathing cabin.



Another view of Helouan with Nile and Desert in distance.

The waters are not good in acute inflammatory conditions, acute organic lesions, cancer or dysenteric disorders.

The dry warm climate of Helouan is particularly suitable for invalids suffering from chronic bronchitis or asthma.



ACCOMODATION FOR INVALIDS.

Everything necessary for the comfort and convenience of invalids is to be found at the Grand Hotel Helouan, where special arrangements are made for diet, attendance etc. Sound-proof apartments exist for special cases and a number of rooms and apartments with southern exposure have been reserved for invalid accomodation. Where necessary, massage and other forms of treatment can be given at the hotel, which is under the same management as the Thermal Establishment.



Golf club House.

It is evident that in such a warm, dry equable climate, with the pure invigorating desert air free from dust and germs, with abundance of sunshine and surrounded by the resources of civilisation, the invalid or convalescent has all in his favour. There is no lack of healthy mental occupation and amusement of all kinds. For the more robust, there is the Helouan Golf Club, the Helouan links being the finest sand links in the world, tennis courts at the Grand Hotel, and a



Sunset view of «Mena House».

hundred and one interesting excursions to be made to various archaeological monuments and places of interest. There is an excellent library at the Grand Hotel, where also there are frequent concerts and dances during the season. A more attractive Winter Health Resort and place of residence than Helouan would be difficult to find.



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